



The Journey Backyard Pilgrimage Sunday July 5, 2025

I am borrowing the name of this exercise from a book by Backyard Pilgrim by Matt Canlis. In his book, Matt lays out a 40-day pilgrimage of living at “Godspeed”, an idea he fleshes out in the film <https://www.livegodspeed.org/>. I want to encourage you to watch this 30-minute film at your leisure. The idea behind living at Godspeed is to slow down so we can see God in all things including how we see him in his creation. The end game is to live at a pace that connects us to him and draws us deep.

Worship is part of being drawn deep. Worship can take place in a variety of different ways and different places. For us, with the mountains in our backyard, we get to encounter God in the beauty of his natural cathedrals, and we want to encourage you to take time to do just that: Worship God in the nature he created.

We invite you to sit in your backyard or walk through your neighborhood or take a hike and intentionally slow down and pay attention to the creative genius of God.

The point of this worship experience is **to marvel** at God’s creative genius, to sit or walk **in wonder** at the way his world is made and to stand **in awe** of him as the artist, sustainer, creator of all things. And to do this **by observing** what is around you and **reflecting** on what you see, hear, touch, smell, and taste.

Marvel.

Wonder.

Awe.

Observation.

Reflection.

Worship.

Before You Begin: Wherever you choose to do this, in your backyard, walking your neighborhood or in a hiking trail, *intentionally slow your mind and body.*

Psalm 46:10 says, “Be still and know that I AM God.” As we begin this experience, take some time to breathe slowly. Stand or sit and breathe and pray.

For example:

- Breathe in and pray: *You are God.*
- Breathe out and pray: *And you love me.*
- Breathe in and pray: *May I see you,*
- Breathe out and pray: *In all I see today.*



Let's Begin:

Romans 1:20 *"For since the creation of the world God's invisible qualities—his eternal power and divine nature—have been clearly seen..."*

As you walk or sit, what do you observe?

As you observe God's creation, what do you see? What do you hear? What do you smell? What do you touch? What do you taste?

What qualities of God do you sense in what you see, hear, smell, touch, and taste?

What qualities of God do you see in:

The mountains, the grass, the flowers, the squirrels, the birds, the _____?

What do you Marvel at?

What do you Wonder at or about?

What do you stand in Awe of?

Share these things with anyone you might be with.

Praise Him and Worship Him.

Psalm 19

For the director of music. A psalm of David.

¹ The heavens declare the glory of God;
the skies proclaim the work of his hands.

² Day after day they pour forth speech;
night after night they reveal knowledge.

³ They have no speech, they use no words;
no sound is heard from them.

⁴ Yet their voice^[b] goes out into all the earth,
their words to the ends of the world.

In the heavens God has pitched a tent for the sun.

⁵ It is like a bridegroom coming out of his chamber,

like a champion rejoicing to run his course.

⁶ It rises at one end of the heavens
and makes its circuit to the other;
nothing is deprived of its warmth.

Holy Bible, New International Version®,
NIV® Copyright ©1973, 1978, 1984, 2011 by
[Biblica, Inc.](#)® Used by permission. All rights
reserved worldwide.